April 16, 2021
Issue #49

Dr. Linda J. Young,
Psychologist

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

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The life that is true to your beliefs, values, and purpose.

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We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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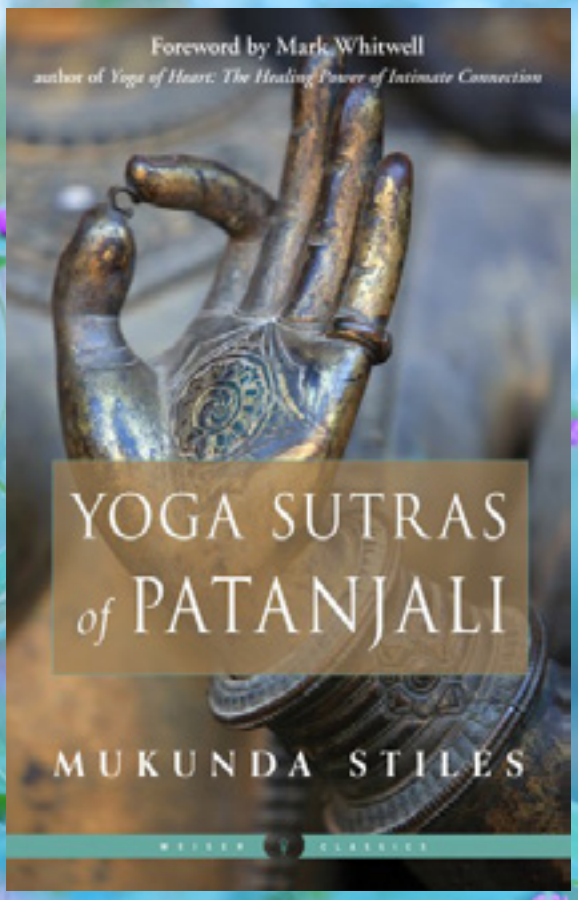
Artwork by Jennifer Carson


Foreword by Mark Whitwell
author of Yoga of Heart: The Healing Power of Intimate Connection
YOGA SUTRAS
of PATANJALI
MUKUNDA STILES

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Also available in hardcover at shopcrazywisdom.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Michelle McLemore
Michele Bond
Linda Young
Jennifer Evans
Ani Daher
Andrea Zaghi
Carol Karr
Jennifer Carson
Bill Zirinsky

Artwork by Ani Daher

word of the week:

Werifesteria

To wander longingly through the forest in search of mystery.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

CATECHUMEN

By Michelle McLemore

I knew it was going to be difficult to leave her. It had been over a year since we hadn't shared at least part of a day together. She frequently slept, her back scooched up to me or simply near if I was feeling poorly or distressed for any reason. We calmed each other. We had a routine. If I was negligent about feeding the birds in the morning, she reminded me. All she really wanted was to be treated like a human and to be reasonably close.
In the past when I'd brought the red luggage out into the dining room, she would sniff in its direction and then stalk upstairs refusing to say goodbye. This time, she sank down between the two bags as if struggling with deciding if she was going to use force or intimidation to sway my departure. I spent a large percentage of time that day, talking at her eye level, stroking her hair, reassuring her. She didn't run and hide this time—just stared at me as I walked out the door. (That was even harder to endure. She knows how to get to me.)

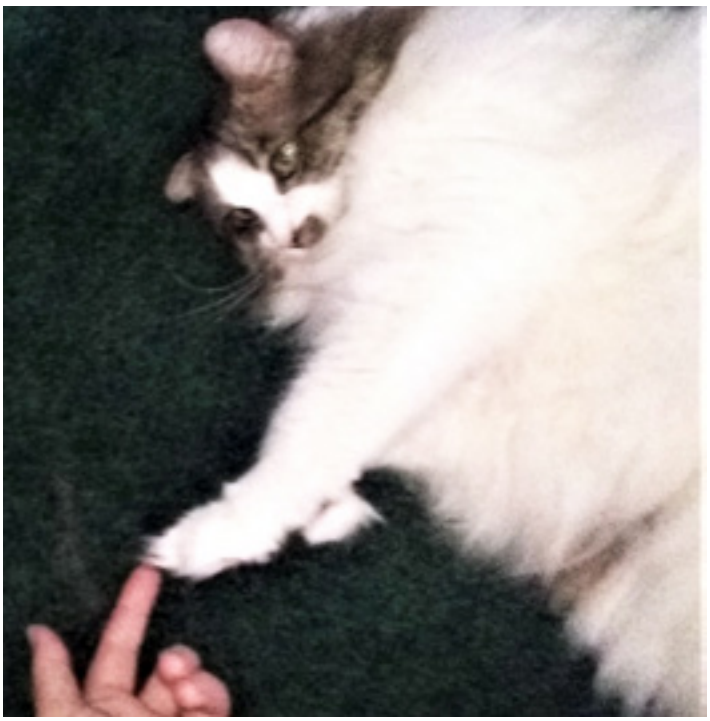
A nephew of mine checked in on my girl while I was gone. To say she wasn't pleased to see him was putting it mildly. Don't get me wrong, the girl is observant and watched the mail get put on the counter and food delivered. Yet, she is protective about our sanctuary and didn't let the attempts at camaraderie dissolve her resolve to stay faithful only to me.

When I walked in, I could tell immediately she had stayed most of the week watching the door for my return. She had lost a lot of hair stressing. She looked disheveled. She stood to greet me with partial disbelief; I fell to doting on her. After a few minutes of her slowly relaxing into the attention, yet crying slightly bitterly, she turned and stalked up the stairs. No doubt she had planned this punishment—a time out for me.

Thinking it best to give her a little space, I commenced watering the plants, sweeping, feeding the birds, sorting mail, and then there she was, standing at the top of the stairs calling for me. "Come here."

"Will you come down?" I inquired. The answer was still no. I gave in. I owed it to her. I walked up the steps and followed her to her room where I focused more attention solely on her. Again, I invited her to come down. She held her stance, still giving me the eye, staying aloof.

About 30 minutes later, I heard her crying again, softly. Her voice sounded exhausted like a baby pterodactyl. (I shuttered to think how much she must've cried during my absence.) I called to her. She discovered me sitting on the floor in front of the fireplace. She walked just out of reach. (Such a tease.) I lay down on the floor and stretched out, batting slow blinks in her direction. She laid down and reached out with her soft paws and began kneading my hand. She stretched long for me to rub her belly, then turned, and licked my hand. The queen of the house forgave her human.



What's Up In Our Community

with Dr. Linda J. Young

Dr. Linda J. Young, originally a New Yorker, attended Brown University and the University of Michigan. She was on the faculty of the Detroit Psychiatric Institute early in her career, and for the last several decades has practiced the art of psychoanalytic therapy in Ann Arbor, where she works with adult individuals and supervises psychology students. In addition to her professional work, Linda has had a "deliriously happy time" acting and singing with local community theater groups as well as with the singing group ETC and the Permission Slips band.

You have been in private practice here in Ann Arbor for several decades. Have you been able to continue practicing during this period of Covid?

Yes, I have, but as with so many things we continue to do, there have been important modifications. For roughly a year now, I have worked exclusively by telephone.

What has this been like for you and your patients?

I have found the medium of talking by telephone quite robust, actually. Although I miss being with the people I work with and our sharing actual space together—witnessing the ways in which they physically "presence" themselves in my office—as a psychoanalytic clinician I tend to rely heavily on verbal communication. When asked over the years what I specialize in, I have always responded that I specialize in a non-pathologizing way of listening to people—akin to deciphering a work of poetry. I believe that every utterance my patients speak, including what some might consider inconsequential "chit chat," as being communicative of meaning... often outside of awareness to the individual. I trust the mind of the individual to select unconsciously the thoughts that they need us to listen to carefully and I try to treat their every utterance respectfully as a signifier of meaning. Talking on the phone can actually be quite freeing for people—it is akin to lying on an analytic couch. For some people, the phone alleviates self-consciousness and performative pressure associated with looking and being looked at. I do not use Zoom as I have found it magnifies the scrutinizing gaze of the 'other' and can be exhausting for many people—patients and therapists alike.

Have you learned anything you would care to share during this time of working with people?

I have re-learned the lesson that we all share essential commonalities. This virus has no regard for boundaries and reveals our deep and inescapable connectedness to one another and to the planet on which we live. I have also re-learned the lesson that there are important and inescapable differences between us. Socioeconomic, racial, and gender disparities are agonizingly apparent in the ways in which the pandemic has affected people. But even when two individuals are identified by themselves and/or others as having important commonalities with regard to their being in the same sociological groupings, I have also re-learned the lesson that we all experience things through our own interpretive lenses and that we make sense of the world differently. While so many people talk about how difficult the social isolation has been, others are relieved by the lessening of social obligation and the reduction of frantic activity. And not uncommonly, a person can feel both the difficulty and relief at the same time. It is also important to realize that isolation and loneliness existed for so many people pre-pandemic and will exist again once the pandemic is over. As much as we all have a great deal in common, each of us is a unique individual who experiences everything, including the pandemic, in our own way.

Would you be willing to share something about what you personally made use of to help yourself during this time?

First, my work has always been a source of gratification and fulfillment for me. The therapeutic relationship, while professional, invites both people into a space that is uniquely intimate, and for many people, unlike anything they have ever experienced. I am honored to be trusted and invited into such intimate spaces, and these conversations can feel particularly gratifying against a backdrop of loneliness and isolation. I am fortunate too, to have a family that I live with and 13-year-old twins who thankfully have had each other to endure this pandemic with. I exercise regularly, take advantage of opportunities to enjoy the great outdoors, and have relished the informal camaraderie of gathering daily in the park with other dog owners. This morning group has always been a joy for me, but I am especially appreciative of this outdoor year-round contact during this time. It has made me realize that people are missing not just contact with family and close friends, but also the incidental gatherings of people that help us all to feel known and connected. I also am a musician and have always relied on playing the piano and singing as an important act of self-expression and connection to others. I miss meeting in person with the amateur band I am in, organized by the music school "Little Bands" and the professional singing group I participate with called "ETC." but we have tried to keep things going over the internet. Music feeds my soul and I feel grateful to have this during this time and all times.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions
are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

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Artwork by Jennifer Carson

Yoga Pose of the Week

BHARADVAJASANA 2

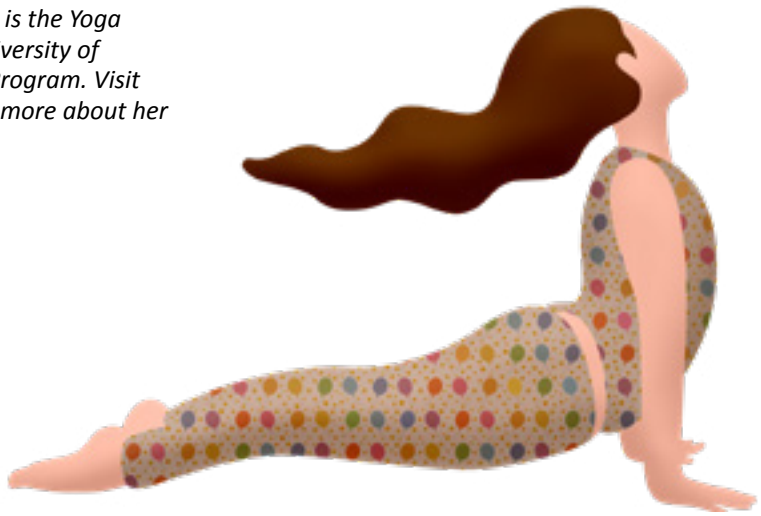
By Michele Bond

The intensity of the pose Bharadvajasana 2 is reflective of the story of the sage Bharadvaja, who, the story goes, spent all his time doing nothing but studying the Vedas. One day Shiva came to him and asked, "What has all this study gotten you? You are alone, you have nothing joyful to show for your life, and you've shared your knowledge with no one. You have never shared the grace and joy of the teachings with others and consequently you do not truly understand their meaning." Taking these words to heart, Bharadvaja vowed to change his ways and became a beloved teacher, whose knowledge and compassion were known far and wide. Be inspired to serve the world with whatever knowledge or wisdom YOU possess, as you practice this pose of the great sage Bharadvaja.

Sit to front of your sitting bones with legs extended forward. Sitting up on a blanket can help. Bend the left knee and take foot beside left thigh, top of foot down and toes pointing back. Bend right knee and lift foot with hands to place at root of right thigh, heel near navel, externally rotating leg, taking knee to the floor. Keep ankle straight and strong to protect your knee. Inhale sit tall, sitting bones back, exhale taking right arm behind to hold toes of right foot. A strap around right foot can help. Hold right knee with left hand. Inhale and expand ribs, exhale to twist as far to the right as you can. Look over right shoulder. Stay 30-60 seconds, normal or deep breathing. Repeat on 2nd side.

Benefits: Effective for releasing tension in the neck, shoulders and spine, and increasing flexibility in shoulders, knees and hips. Massages and rejuvenates the abdominal organs. When we twist to both sides we can find our center, turning our attention inward to discover the wisdom deep within our bodies.

Michele Bond is the owner of Yoga House, and is the Yoga teacher for brain injured adolescents in the University of Michigan Neurorehabilitation Day Treatment Program. Visit her online at Yogahouseannarbor.com to learn more about her classes.



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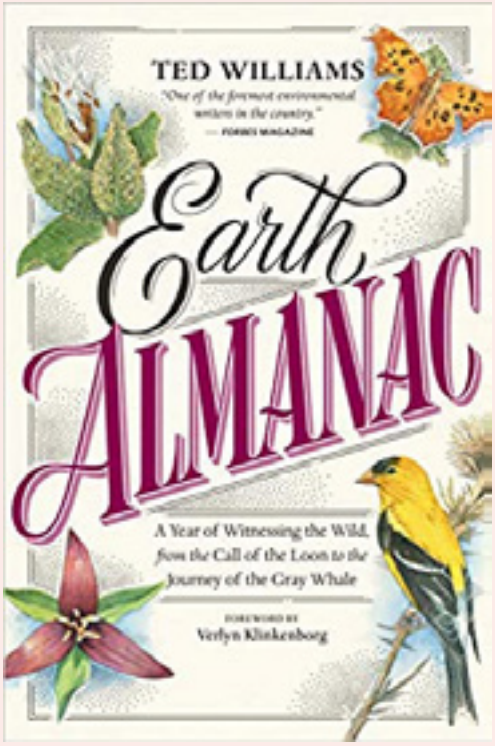
The spring issue of
The Crazy Wisdom Community Journal
is almost here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

On shelves the last week of April, online May 1 or
Subscribe here.

Crazy Wisdom Book Pick of the Week

Earth Almanac


TED WILLIAMS
"One of the foremost environmental writers in the country."
— FORBES MAGAZINE
Earth
ALMANAC
A Year of Witnessing the Wild, from the Call of the Loon to the Journey of the Gray Whale
FOREWORD BY
Verlyn Klinkenborg

[Purchase your copy of *Earth Almanac* at shopcrazywisdom.com.]

Noted nature writer Ted Williams invites readers along on a year-long immersion in the wild and fleeting moments of the natural world, from winter candy and spring quackers to summer's scarlet farewell and autumn reveilles. This beautifully crafted collection of short, seasonal essays combines in-depth information with evocative descriptions of nature's marvels and mysteries. Williams explains the weather conditions that bring out the brightest reds in autumn leaves, how hungry wolf spiders catch their prey, and why American goldfinches wait until late July or August to build their nests. In the tradition of Thoreau, Carson, and Leopold, Ted Williams's writing stands as a testament to the delicate balance of nature's resilience and fragility, and inspires readers to experience the natural world for themselves and to become advocates for protecting and preserving the amazing diversity and activity found there.

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Evening with Aaron
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 4/21, 5/19, 6/16
Registration and information: DeepSpring.org

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Stepping Into Freedom:
A Funny Thing Happened On My Way Out the Door

From Issue #76

By Jennifer Evans

What then is freedom? The power to live as one wishes.

—Marcus Tullius Cicero

I was wearing a walking cast on my broken right foot toward the end of my tenure as an administrative assistant at the University of Michigan Ross School of Business. At work one day, when I knew I was tendering my resignation but had not yet announced it, I was clunking into our "hub" from my office down the hall. The hub was a room that had multiple functions: mail room, kitchen, copy room, and a place where people touched base, shared a greeting, or had a chat. On this day one of my co-workers walked in at the same time as I and greeted me with, "How long do you have?"
I didn't understand. What's he talking about? Could it be? Oh no! All I could think he meant, because it was at the forefront of my heart and mind, was, "How long do you have 'til you quit this job?" Not understanding how he could know, but knowing what it meant to me, I worried. I scrambled to come up with a reply.

I looked at him quizzically, because there was no reason he would have any idea of how strongly I was leaning toward moving on from my position. I was silent, surely looking confused, and he asked again, "How long 'til you're free?" Again, I thought, what?! And then, yes!

It was exactly how I felt! *How long until I am free?*

Then I wondered if he'd gotten a hint from a new definition I'd taped on my door which was: Eleutheromania (n.) an intense and irresistible desire for freedom. This taping up of eye-catching things was a ritual I practiced normally, so not unusual, but was this particular one a too obviously personal window into my emotional world? Was it that to which he referred? While the word did express my feeling, I really couldn't imagine that he'd make the leap to my emotional state. Stumped and in a bit of a panic, I continued looking at him with confusion. He then nodded in the direction of the boot on my foot.

Obviously. Obviously, what he meant. How long do you have? How long 'til you're free? My body flooded with relief as my understanding caught up with his meaning. Free from the hindering cast! Finally, I answered his simple question and laughed myself back to my office.
And then, I knew even more than I'd known before. What it meant to me to be free. Not just freedom to walk freely. But free to be truly me.

Things you might want to consider:

Where do you feel restrained?
What step could you take to move toward freedom?
What first occurred to you that you perhaps quickly shunted to the side?
That is a likely and possible step—if it weren't, you wouldn't have thought of it.
If it is too much, do a small something toward it—at least you'll be moving in some direction.

Jennifer Evans is a positive deviant by nature. She shares her discoveries through workshops and writings. Learn more at positivedeviancelab.com

From our Blog

By Andrea Zaghi

Minimalism has increasingly gained in popularity. When you choose minimalism, there is no space to contain disorder, especially in the closet. The modern-minimal-chic advocate curating every small detail of your life, down to the laundry drawer. Marie Kondo, author of The Magical Art of Tidying Up, promotes the idea that we should only hold on to things that "make us happy".

Cleaning out the wardrobe can undoubtedly seem an intimidating task. Definitely not high up on my list of fun things to do on a Sunday afternoon, but it certainly makes me feel better.

Cleansing is not glamorous. Whether you are cleansing your body, your bathroom ,or your wardrobe, if done correctly and effectively, it is a dense, in-depth process and can feel very ugly. Purging the closet can trigger anxiety because it threatens the loss of the status. We get attached to things, even the things that we no longer love and wear.

I know what you might think: "This is another frivolous new millennial trend". It might be, but trust me on this: there's nothing like having a wardrobe that we truly love. When we have less, it is much easier to make choices and feel light. What do we do all this yoga for? To increase space inside us. Let's make more room on the outside too, in our closet, for example.

So, let's start this new decade with a purge!

And on that note, here are a few tips on how to make this process easy.

Set and setting - For a good, efficient purge, you need to be in the right mindset, and feel secure. Make sure you have enough time to complete the task. If you know you might struggle, invite your best minimalistic friend to be there for you. She or he will keep you on track. Make sure there is enough space to pile stuff and to move along easily.

Empty the closet – Pull everything out of the closet and dresser drawers, yes, even the no man's land in the back-make sure it's empty. Divide things into categories and makes piles.

See the image for how I do it.
Game time: One by one, ask yourself hard questions about each piece of clothing. Be true to yourself, think of this as a chance to make space.

Is this item in good form? If it's ripped, worn, or has a broken zipper *(AND it is not worth fixing it), toss it aside.

Have I worn it in the past year? No? Please get rid of it.

Is this my style? Stop hanging onto items that don't reflect your style.

Do I feel comfortable with it? Only wear outfits that make you feel secure and confident. It makes a big difference.

Clean - Spruce up the empty spaces. And now you are left with a pile of clothes you don't want anymore. Please don't wait to get rid of them or you will feel the temptation to go through them once more. Organize the discarded things into three categories: toss, sell, or donate.

Toss - Recycle anything you can. For example, old t-shirts can be used as kitchen towels or as rags.

Sell- If you have pieces that you spent a lot on, put them aside to sell on eBay, Facebook market, or Nextdoor.

Donate- Lastly, give your other garments a new lease on life by donating them at the Salvation Army. Before I left the Netherlands in 2016, during my leaving party I hung all the discarded clothes out in the garden for my guests to take. It was a lot of fun, and people were grateful for a new addition to their wardrobe.

Restructure - It is time to put everything back in place. But that is a whole new story.

Purging is not fun, but it is necessary!

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read Animal Talk by Penelope Smith. $160 per person/$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Channeling

Event with Spirit - Remembering Wholeness • May 16 • 2 p.m. • Remembering Wholeness is an opportunity to experience the sharing of energy with The Mother channeled through Barbara Brodsky. The Mother invites us to experience the deeper truth of ourselves. For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Event with Spirit- • May 19 • 7 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart.For more information email om@deepspring.org call 734.477.5848 or visit DeepSpring.org.

Celebrations

A Mother's Day Celebration • Saturday-Sunday, May 8 • 1-3 p.m. or 6:30 - 8:30 p.m. • Join us for a joyful celebration of motherhood and the divine feminine in all stages of life.
*Saging Ceremony
*Guided Meditation
*Gentle Movement
*Sacred Sound
$75 per person at Verapose Yoga & Meditation House. For more information and to reigster visit veraposeyoga.com.

Meditation

Pure Meditation Course including Raja~Kriya Yoga with Self Realization Sevalight Centre for Pure Meditation, Healing and Counselling • Sunday—Saturday, Apr. 25-May 1 • The ultimate Course for today's world helping you to find and be your True self; develop greater peace of mind, health and happiness and understanding of yourself and others. For everyone: practicing Pure Meditation helps you to be in balance ~ come what may ~ and to reach your full potential in every aspect of your life. Find answers to all life's questions on both a Spiritual and mortal level; learn how to truly Master yourself and bring peace, joy and unconditional Love to all that you do. Inquire for price. Contact Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling at 517-641-6201; info@SelfRealizationCentreMichigan.org or www.SelfRealizationCentreMichigan.org.

Personal Growth

How to: Authentic, Joyful Self-Expression with Cindy Guillean • Fridays, April 16, 23 ,30 • 6:00 PM • This playful hands-on workshop invites you to discover the joy of authentic self-expression. Starting with a beginner's mind, we will engage self-observation, memory, imagination, inspiration, and creative forms to coax what wishes to be heard, seen, said, or known into expression. Expand your notion of what authentic self-expression might be and save ideas about artistic talent for another time. Expressing your authentic self is all about soul-satisfaction. FREE. Contact Susan Billmaier 734-678-2071; evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

Non-Violent Communication with Vanessa Beltran • Beginning April 22 • 7:00 PM • Continuing over several dates, this seminar is appropriate for individuals or couples, the framework of Nonviolent Communication (NVC) is used to transform challenging conversations and conflict. By learning to hear our own deeper needs and those of others, embedded in the stories we tell, NVC is a tool that creates a path for healing and reconciliation in its many diverse applications - personal and professional. $54. Contact Susan Billmaier 734-678-2071; evenstar.institute@gmail.com; evenstarschalice.com/courses.html.

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Diploma Course.....7 Months

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Individual Classes:
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Over 25 Years of Experience ~ Licensed and Accredited

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 21 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com

Shamanism

Introduction to Journeying • Begins Sunday, April 18 • 10 a.m. 6 hr. class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland, clshebear7@gmail.com, or call 248-809-3230 or visit shewolfshaman.com.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Poetry With Jihyun Yun "Some Are Always Hungry" Online Event with Jihyun Yun • 04-27-2021 • 6:00 PM • Winner of the Prairie Schooner Book Prize in Poetry, Some Are Always Hungry chronicles a family's wartime survival, immigration, and heirloom trauma through the lens of food, or the lack thereof. Jihyun Yun will read poems from the book, share the background to her writing, her experiences publishing with small press, and take questions from the audience. $5. Contact meetup.com/Write-On-Ann-Arbor/events/277081090/.

Yoga

Family Yoga Free Class • Sunday, Apr. 11 • 12:30 p.m. • The perfect way to end the weekend for the entire family. For toddlers, grandparents, and everyone in between! Have fun with interactive group movements using yoga postures that will spark your creativity. Some poses may be inspired by nature (like tree pose) or animals (like lion pose) while others will be classical yoga style poses geared for all ages. Each class will tell the yoga story of helpfulness, kindness, connection, friendship, and mindfulness using a variety of yoga poses, creative movement, breathing exercises, and will end with relaxation. No yoga experience is necessary! Visit aarecedonline.com or call 734-994-2300 ext 0.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Online and In-Person Yoga Classes with Ema Stefanova • Ongoing classes • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. Also offering pprivate yoga therapy and meditation for clients and groups. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Jane L Finkbeiner
Cellular: 734-323-0019
jane@praxisproperties.com

Praxis Properties

117 N. First St., Suite 80 Ann Arbor MI 48104

$342,500

BEDS 3

BATHS 2 (2 0)

SQ. FT 1,748

LOT

New - Almost Complete - May Occupancy - Enjoy Tree Lined Southern Exposure In This Spacious 2nd Story Condo In The Touchstone Community Featuring 1748 sq.ft., 3 bedrooms, 2 Full Baths, Spacious Family Room/Loft. Complete With 9' Ceilings With Cathedral In Loft, 42 Painted Maple Cabinets, Stainless Appliances, Flooring A Blend of Luxury Vinyl Plank, Ceramic Tile And Carpet. Complete With High Efficiency Furnace, Central Air And Balcony To Enjoy The Southern Exposure. Touchstone Cohousing Is a Multigenerational Community Features Scio Township Taxes, Outstanding Ann Arbor Schools, On The Bus Route, Easy Access To Shopping And Freeways. Come Home To Touchstone, Enjoy Activities At The Common House With 24/7 Access For Mail Delivery. Plant Your Garden With Your Neighbors.

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Let your joy burst forth like flowers in the spring.